New for 2009

28 days 28 dinners

EVERYDAY MENU PLANNER

2nd Edition

From the editors of
Every Day with Rachael Ray

Just pull out this menu planner and dinner is done.

There's no need to ask *"What's for dinner tonight?"* anymore. The editors of **Every Day with Rachael Ray** have put together a month's worth of fast, easy, delicious meals right at your fingertips.

The month is broken into four weeks of recipes and each week has an easy, one-stop shopping list so you won't waste a minute (or a dime) buying extra groceries. For added convenience we have even highlighted, in pink, the items stocked in our Every Day kitchen (rachaelraymag.com/kitchen) that you probably already have on hand.

How cool is that?

EVERY DAY

WEEK 1

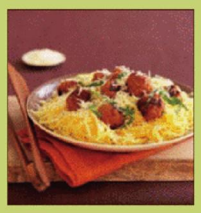
PHOTOGRAPHY BY YUNHEE KIM

FOOD STYLING BY JEE LEVIN; PROP STYLING BY ALISTAIR TURNBULL.

MENU PLANNER

SUNDAY
Cauliflower Soup with Bacon Toasts

MONDAY
Spaghetti Squash and Meatballs



TUESDAY
Pork Chops with Sweet-Potato Salad

WEDNESDAY
Fish Stick Po' Boys

THURSDAY
Parmesan Polenta Pie with Sausage and Broccoli

FRIDAY
Green Rice with Chicken, Peas and Almonds

SATURDAY
Beef and Potato Stroganoff

YOUR SHOPPING LIST

PRODUCE
- ☐ 2 lemons
- ☐ 1 lime
- ☐ 3 tomatoes
- ☐ 1 red or yellow bell pepper
- ☐ 1 head cauliflower (about 21/2 pounds)
- ☐ 1 head broccoli (about 1 pound)
- ☐ 1 spaghetti squash (about 4 pounds)
- ☐ 3 sweet potatoes (about 11/2 pounds)
- ☐ 4 large russet potatoes (about 3 pounds)
- ☐ Two 8-ounce packages assorted sliced mushrooms
- ☐ 1 head iceberg lettuce
- ☐ 1 bunch scallions
- ☐ 3 medium onions
- ☐ 1 head garlic
- ☐ 1 bunch chives
- ☐ 1 bunch basil
- ☐ 1 bunch flat-leaf parsley

DAIRY
- ☐ Milk
- ☐ 2 sticks unsalted butter
- ☐ 1 half-pint heavy cream
- ☐ One 8-ounce container sour cream
- ☐ One 8-ounce bag shredded Monterey Jack cheese
- ☐ 6 ounces freshly grated Parmesan cheese

FISH AND SHELLFISH
- ☐ One 20-ounce package frozen fish sticks (about 30 sticks)

MEAT
- ☐ Bacon (4 strips)
- ☐ 1 pound uncooked chicken or turkey sausage
- ☐ Four 1-inch-thick center-cut bone-in pork chops (about 2 pounds)
- ☐ 11/2 pounds uncooked sweet or spicy Italian sausage
- ☐ 1 pound chicken tenders
- ☐ 1 pound lean ground beef

BAKERY
- ☐ 1 loaf Italian bread
- ☐ 4 sub-style sandwich rolls

GROCERY
- ☐ Coarse salt
- ☐ Black peppercorns
- ☐ Crushed red pepper flakes
- ☐ Onion powder
- ☐ Garlic powder
- ☐ Extra-virgin olive oil
- ☐ Red wine vinegar
- ☐ Dijon mustard
- ☐ Mayonnaise
- ☐ Hot sauce
- ☐ Raspberry jam (2 tablespoons)
- ☐ Plain bread crumbs (3/4 cup)
- ☐ Long-grain rice (2 cups)
- ☐ Instant polenta (1 cup)
- ☐ Chicken broth (8½ cups)
- ☐ 11/2 ounces slivered almonds
- ☐ One 10-ounce box frozen peas

SUNDAY

tip *Veg out: For a vegetarian soup, skip the bacon and swap vegetable broth for the chicken broth.*

Cauliflower Soup with Bacon Toasts

4 SERVINGS
PREP TIME 10 min
COOK TIME 30 min

- 4 tablespoons unsalted butter
- 1 medium onion, finely chopped
- 1 large or 2 small heads cauliflower (about 2½ pounds), cored and finely chopped
- 5 cups chicken broth
- 4 bacon strips, cut in half
- ½ loaf Italian bread
- ½ cup shredded Monterey Jack cheese
- Salt

1. Melt the butter in a soup pot over medium heat. Add the onion and cauliflower and cook, stirring occasionally, until the onion is softened but not browned, about 10 minutes. Add the chicken broth and bring to a boil. Reduce the heat and simmer until the cauliflower is softened, about 20 minutes.
2. Meanwhile, in a nonstick skillet over medium heat, cook the bacon until crisp; drain on a paper towel–lined plate. (Do not clean the skillet.) Cut the bread on the diagonal into four 1-inch-thick slices. Place the bread in the skillet and cook until golden on the bottom, 1 to 2 minutes. Flip and top each slice with 2 pieces of bacon and a handful of cheese. Cover until the cheese melts, about 1 minute.
3. Puree the soup in batches in a blender until smooth. Season to taste with salt and serve with the bacon toasts.

MONDAY

Spaghetti Squash and Meatballs

4 SERVINGS
PREP TIME 10 min
COOK TIME 25 min

- 1 large spaghetti squash (about 4 pounds), halved lengthwise and seeded
- 3 tablespoons unsalted butter, cut into pieces
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper
- 1 pound uncooked chicken or turkey sausage, casings removed
- ¾ cup plain bread crumbs
- ½ cup freshly grated Parmesan cheese
- 8 basil leaves, torn

1. Place the squash, cut side up, on a damp paper towel in a microwavable dish. Microwave on high until tender, about 15 minutes. Using a fork, scrape the strands of squash into a microwavable bowl and toss with the butter and 1 tablespoon olive oil. Season to taste with salt and pepper.
2. Meanwhile, combine the sausage with the bread crumbs and form into 1-inch meatballs. In a large skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the meatballs and cook, stirring, until browned, about 6 minutes. Cover and cook over low heat until cooked through, about 3 minutes more.
3. Reheat the shredded squash in the microwave and top with the meatballs, cheese and basil.

tip

Waste not: Toss extra basil into a food processor with olive oil, salt and nuts for an easy pesto sauce, and freeze for later.

TUESDAY

Pork Chops with Sweet-Potato Salad

4 SERVINGS
PREP TIME 25 min
COOK TIME 10 min

- Coarse salt
- Four 1-inch-thick center-cut bone-in pork chops (about 2 pounds)
- 3 sweet potatoes (about 1½ pounds), peeled and cut into 1-inch pieces
- 3 tablespoons red wine vinegar
- 2 garlic cloves, finely chopped
- 2 tablespoons raspberry jam
- 2 teaspoons Dijon mustard
- ⅓ cup plus 1 tablespoon extra-virgin olive oil
- 1 red or yellow bell pepper, finely chopped
- 1 bunch scallions (green parts only), thinly sliced

1. In a large bowl, dissolve 2 tablespoons salt in 2 cups cold water. Add the pork chops to the brine and soak in the refrigerator for 20 minutes.
2. Meanwhile, place the sweet potatoes in a medium pot of salted water and bring to a low boil. Cook until tender, about 10 minutes. Drain and set aside.
3. In a small bowl, whisk together the vinegar, garlic, jam and mustard. Whisk in ⅓ cup olive oil in a thin stream until smooth.
4. Preheat the broiler and place a large, heavy ovenproof skillet over high heat. Remove the chops from the brine, pat dry and brush with the remaining 1 tablespoon olive oil. Sear the chops for 3 minutes on each side, then baste with one-quarter of the raspberry dressing. Broil, basting once, for 2 minutes on each side.
5. In a medium bowl, toss the sweet potatoes, bell pepper and scallions with the remaining raspberry dressing; season to taste with salt. Serve each pork chop with some of the sweet-potato salad.

tip

Super size it: Double the dressing and refrigerate the extra in an airtight container for up to a week.

WEDNESDAY

tip Lighten up! Use Dijon mustard instead of the spicy mayonnaise.

Fish Stick Po' Boys

4 SERVINGS
PREP TIME 10 min
COOK TIME 12 min

- One 20-ounce package frozen fish sticks (about 30 sticks)
- ½ cup mayonnaise
- 2 teaspoons hot sauce, or more to taste
- 2 teaspoons fresh lemon juice, plus lemon wedges for serving
- 4 sub-style sandwich rolls, split
- 2 cups shredded iceberg lettuce
- 3 tomatoes, sliced

1. Preheat the oven to 475°. Cook the fish sticks on a baking sheet according to package directions.
2. In a small bowl, stir together the mayonnaise, hot sauce and lemon juice.
3. A few minutes before the fish sticks are done, toast the rolls in the oven. Smear 1 side of each toasted roll with the spicy mayonnaise. Add a layer of fish sticks and top with the lettuce and tomatoes. Serve the sandwiches with lemon wedges and spicy mayonnaise on the side.

THURSDAY

Parmesan Polenta Pie with Sausage and Broccoli

4 SERVINGS
PREP TIME 5 min
COOK TIME 20 min

- 2½ tablespoons extra-virgin olive oil, plus more for greasing
- 1½ pounds uncooked sweet or spicy Italian sausage
- 1 cup milk
- Salt
- 1 cup instant polenta
- 1 cup freshly grated Parmesan cheese
- 1 garlic clove, sliced
- 1 pound broccoli, trimmed and cut into 2-inch florets (about 4 cups)
- Crushed red pepper flakes, to taste

1. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the sausage with ½ cup water and cook, turning occasionally, until browned and cooked through, 15 to 20 minutes.
2. Meanwhile, preheat the broiler and lightly grease a 9-inch pie pan with olive oil. In a medium saucepan, combine the milk, 2 cups water, ½ tablespoon olive oil and 1 teaspoon salt and bring to a boil. Reduce the heat to low and slowly stir in the polenta. Cook until thickened, stirring constantly, about 2 minutes. Spread the polenta evenly in the pie pan. Top with the cheese and broil until golden, about 8 minutes.
3. In a medium skillet, heat the remaining 1 tablespoon olive oil over medium-high heat and add the garlic. Cook until the garlic is golden, 1 to 2 minutes. Add the broccoli, red pepper flakes and ¼ cup water, cover and cook, stirring once, until the broccoli is fork-tender, about 5 minutes. Season to taste with salt.
4. Slice the sausage on the diagonal into ¼-inch pieces and toss with the broccoli. Cut the polenta pie into wedges and top with the sausage and broccoli.

tip

Make it your own: Replace the broccoli with your favorite vegetable, like mushrooms, bell peppers or spinach.

FRIDAY

tip Hot stuff: Add a small seeded jalapeño to the food processor.

Green Rice with Chicken, Peas and Almonds

4 SERVINGS
PREP TIME 15 min
COOK TIME 30 min

- 2 medium onions, coarsely chopped
- ½ cup flat-leaf parsley
- ¼ cup extra-virgin olive oil
- 2 cups long-grain rice
- 3½ cups chicken broth
- 1 pound chicken tenders, halved crosswise
- Salt and freshly ground pepper
- 1 cup frozen peas, thawed
- ½ cup slivered almonds, lightly toasted
- Juice of 1 lime

1. Pulse the onions and parsley in a food processor until finely chopped. In a large, heavy saucepan, heat 2 tablespoons olive oil over medium heat, add the onion mixture and cook for 3 minutes. Stir in the rice and broth and bring to a boil. Lower the heat, cover and simmer for 15 minutes.
2. Meanwhile, add the remaining 2 tablespoons olive oil to the skillet. Season the chicken with salt and pepper and add to the skillet. Cook the chicken for about 3 minutes on each side. Add to the rice along with the peas and half of the almonds. Cover the rice and cook until heated through, about 5 minutes. Stir in the lime juice; season with salt and pepper to taste. Spoon into bowls and top with the remaining almonds.

SATURDAY

Beef and Potato Stroganoff

4 SERVINGS
PREP TIME 15 min
COOK TIME 20 min

- **4 large russet potatoes (about 3 pounds)**
- **2 tablespoons unsalted butter**
- **1 pound assorted sliced mushrooms**
- **1 tablespoon onion powder**
- **2 teaspoons garlic powder**
- **½ cup heavy cream**
- **1 pound lean ground beef, crumbled**
- **Salt and freshly ground pepper**
- **½ cup sour cream, at room temperature**
- **Snipped chives, for garnish**

1. Pierce the potatoes all over with a fork and microwave on high until cooked through, about 9 minutes.
2. In a large skillet, heat the butter over medium-high heat, add the mushrooms and cook until golden, about 10 minutes. Stir in the onion powder, garlic powder and ¾ cup water and boil to reduce the liquid by half, about 2 minutes; stir in the heavy cream and remove from the heat.
3. In a medium saucepan, brown the ground beef over high heat, about 5 minutes. Remove with a slotted spoon and add to the mushroom mixture; season to taste with salt and pepper.
4. Slice one-third off the top of each potato and chop the tops. Using a spoon, hollow out each potato, leaving a thick wall. In a microwavable bowl, mash together the chopped potato, potato centers and sour cream. Season with salt and pepper and reheat in the microwave.
5. Return the beef and mushroom mixture to a simmer. Stuff the hollowed potatoes with the beef mixture and top with chives. Serve with the mashed potatoes.

tip

Fare exchange: Use ground turkey or chicken in place of the ground beef.

EVERY DAY

WEEK 2

PHOTOGRAPHY BY **YUNHEE KIM**

FOOD STYLING BY JEE LEVIN; PROP STYLING BY DEBORAH WILLIAMS.

MENU PLANNER

SUNDAY
Mushroom-Smothered Trout

MONDAY
Sweet-Onion and Garlic Soup

TUESDAY
Salmon Rolls

WEDNESDAY
Sweet-Potato and Sausage Hash

THURSDAY
Thai Beef Salad with Crispy Noodles

FRIDAY
Lemon-Chicken Schnitzel with Roasted Potatoes

SATURDAY
Italian Flag Lasagna

YOUR SHOPPING LIST

PRODUCE
- ☐ 4 lemons
- ☐ 1 lime
- ☐ 3 zucchini
- ☐ 2 bell peppers
- ☐ 2 large sweet potatoes
- ☐ 1½ pounds baby red potatoes
- ☐ One 16-ounce bag coleslaw mix
- ☐ One 8-ounce package sliced white mushrooms
- ☐ 1 bunch celery
- ☐ 2 bunches scallions
- ☐ 1 sweet onion
- ☐ 2 onions
- ☐ 2 heads garlic
- ☐ 1 bunch basil
- ☐ 1 bunch cilantro
- ☐ 1 bunch rosemary
- ☐ 1 bunch thyme

DAIRY
- ☐ Milk (2 cups)
- ☐ 3 sticks butter
- ☐ One 15-ounce container ricotta cheese
- ☐ 1/2 pound Parmesan cheese
- ☐ One 8-ounce bag shredded mozzarella cheese

FISH
- ☐ 4 trout fillets (about 1¼ pounds)
- ☐ 1 pound salmon fillets

MEAT AND POULTRY
- ☐ 1 sirloin steak (about 1 pound)
- ☐ 1/2 pound bulk pork sausage
- ☐ 2 skinless, boneless chicken breasts (about 1½ pounds)

BAKERY
- ☐ 1 baguette
- ☐ 1 package top-sliced hot dog buns

GROCERY
- ☐ 1 box no-boil lasagna sheets
- ☐ One 3-ounce package ramen noodles
- ☐ Salt-and-vinegar potato chips
- ☐ Flour (1 cup)
- ☐ Olive oil
- ☐ Vegetable oil
- ☐ Balsamic vinegar
- ☐ Mayonnaise
- ☐ Soy sauce
- ☐ Green salsa
- ☐ Peanut butter
- ☐ Honey
- ☐ One 32-ounce container beef broth
- ☐ Chicken broth (1 cup)
- ☐ One 28-ounce can tomato puree
- ☐ Salt
- ☐ Pepper
- ☐ Dried sage
- ☐ Ground cumin
- ☐ Ground nutmeg

SUNDAY

Mushroom-Smothered Trout

4 SERVINGS
PREP TIME 5 min
COOK TIME 45 min

- 4 tablespoons butter
- Half an onion, thinly sliced
- One 8-ounce package sliced white mushrooms
- 1 teaspoon dried sage
- 1 cup chicken broth
- Salt and pepper
- 4 trout fillets (about 1¼ pounds)

1. Preheat the oven to 375°. In a large ovenproof skillet or a roasting pan over two burners, heat 2 tablespoons butter over medium-low heat until melted and browned. Stir in the onion and cook, stirring occasionally, until caramelized, about 15 minutes. Transfer to a plate.
2. Add the remaining 2 tablespoons butter to the pan and cook until browned but not burned. Add the mushrooms and sage and cook until caramelized, about 10 minutes. Stir in the cooked onions and the chicken broth and bring to a boil over medium heat. Cook until most of the broth has evaporated, about 10 minutes; season with salt and pepper.
3. Push the mushroom mixture to the side and place the trout fillets skin side down in the pan. Spoon the mushroom mixture over the fish and bake until cooked through, 10 minutes.

tip

Fare exchange: Substitute red snapper, tilapia or catfish for the trout.

MONDAY

tip ***Extra! Extra!*** *Turn leftover toast into bread crumbs and freeze them for later.*

Sweet-Onion and Garlic Soup

4 SERVINGS
PREP TIME 20 min
COOK TIME 25 min

- 3 tablespoons butter, plus more for spreading
- 1 sweet onion, chopped (2 cups)
- 1 head garlic (about 20 cloves), peeled and quartered
- One 32-ounce container beef broth
- 2 teaspoons fresh thyme, chopped
- 1 baguette, sliced into rounds
- 1 teaspoon balsamic vinegar
- Salt and pepper
- ¼ cup shredded Parmesan cheese

1. Preheat the broiler. In a stockpot or Dutch oven, melt 3 tablespoons butter over medium heat. Add the onion and garlic and cook until softened, about 10 minutes. Add the beef broth and thyme, bring to a boil, then reduce the heat and simmer for 10 minutes. Toast the baguette under the broiler until lightly browned; remove and spread with butter.
2. Remove the soup from the heat, add the vinegar and season to taste with salt and pepper. Serve with the Parmesan and the toast.

TUESDAY

tip

Make it your own:
Serve the salmon inside warm corn tortillas.

Salmon Rolls

4 SERVINGS
PREP TIME 20 min
COOK TIME 8 min

- 1 tablespoon olive oil
- 1 pound salmon fillets
- Salt and pepper
- 8 top-sliced hot dog buns
- 2 ribs celery, finely chopped
- 4 scallions, finely chopped
- ¼ cup mayonnaise
- Juice from 1 lemon (about 3 tablespoons)
- Salt-and-vinegar potato chips

1. Preheat the broiler. In a large nonstick skillet, heat the olive oil over medium-high heat. Season the salmon fillets with salt and pepper and cook skin side down for 3 minutes. Flip the salmon and cook through, about 4 minutes.
2. Spread the buns open slightly and toast under the broiler, about 2 minutes. Remove the skin from the salmon and discard. In a medium bowl, combine the fish with the celery, scallions, mayonnaise and lemon juice, breaking up the fish into small chunks.
3. Fill the toasted buns with the salmon salad and serve with potato chips.

WEDNESDAY

Sweet-Potato and Sausage Hash

4 SERVINGS
PREP TIME 10 min
COOK TIME 25 min

- 2 large sweet potatoes (about 2 pounds), peeled and cut into ½-inch pieces
- ½ pound bulk pork sausage
- 2 tablespoons vegetable oil
- 2 bell peppers (any color), chopped
- 1 onion, chopped
- 2 cloves garlic, thinly sliced
- 2 teaspoons ground cumin
- Salt and pepper
- Green salsa, for serving

1. In a medium pot of boiling, salted water, cook the sweet potatoes until almost tender, about 4 minutes. Drain and set aside.
2. In a large nonstick skillet, cook the sausage over medium heat until browned and crumbly, about 10 minutes; transfer with a slotted spoon to paper towels to drain.
3. Heat the oil in the skillet over medium-high heat. Add the bell peppers, onion and garlic and cook until softened, about 5 minutes. Add the sausage, cumin and sweet potatoes and cook for 5 minutes more. Season to taste with salt and pepper and serve with green salsa.

tip

Spice it up: Season the hash with sweet smoked paprika or a chopped fresh herb like thyme.

THURSDAY

Thai Beef Salad with Crispy Noodles

4 SERVINGS
PREP TIME 10 min
COOK TIME 10 min

- 1 sirloin steak (about 1 pound)
- Salt and pepper
- 2 tablespoons soy sauce, plus more for drizzling
- 2 tablespoons honey
- 2 tablespoons peanut butter
- Juice of one lime (2 tablespoons)
- 4 cups coleslaw mix
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped fresh basil
- One 3-ounce package ramen noodles (flavor packet saved for another use), broken into pieces

1. Season the steak with salt and pepper. In a grill pan, sear the steak over medium-high heat for about 5 minutes per side for medium rare; transfer to a plate to rest.
2. In a small bowl, whisk together 3 tablespoons water, the soy sauce, honey, peanut butter and lime juice. In a large bowl, combine the slaw mix, cilantro and basil with the peanut dressing and toss. Add the dry ramen noodles and toss again. Divide evenly among 4 shallow bowls.
3. Cut the steak into thin slices and distribute among the salads.

tip *Veg out: Replace the steak with sliced, sautéed portobello mushrooms.*

FRIDAY

tip

Fast times: Use chicken tenders, skip the pounding and cook for two minutes on each side.

Lemon-Chicken Schnitzel with Roasted Potatoes

4 SERVINGS
PREP TIME 10 min
COOK TIME 40 min

- 1½ pounds baby red potatoes, cut into small chunks
- ¼ cup plus 2 tablespoons olive oil
- 3 scallions, white parts only, thinly sliced
- 2 tablespoons chopped fresh rosemary leaves
- Grated peel and juice of 3 lemons
- Salt
- 5 tablespoons butter
- ½ cup flour
- 2 skinless, boneless chicken breasts (about 1½ pounds total), halved and pounded thin

1. Preheat the oven to 400°. In a roasting pan, toss the potatoes, ¼ cup olive oil, the scallions, rosemary, and peel and juice of 2 lemons; season liberally with salt. Roast until golden and tender, about 40 minutes.
2. Meanwhile, in a large nonstick skillet, heat 1 tablespoon olive oil with 2 tablespoons butter over medium-high heat. Place the flour in a shallow bowl; season with salt. Dredge 2 chicken breasts in the flour, shaking off any excess. Fry until just cooked through, about 3 minutes on each side. Transfer to a paper-towel-lined plate and keep warm. Add the remaining 1 tablespoon olive oil and 2 more tablespoons butter to the skillet and cook the remaining 2 chicken breasts as above. Transfer to the plate.
3. Whisk the remaining 1 tablespoon butter and peel and juice of 1 lemon into the pan juices and cook until just browned, about 5 minutes. Pour the lemon-butter sauce over the chicken; serve with the potatoes.

SATURDAY

tip Easy does it: Grate your Parmesan in a food processor fitted with a grating disk.

Italian Flag Lasagna

4 SERVINGS (PLUS LEFTOVERS)
PREP TIME 20 min
COOK TIME 30 min

- 4 tablespoons butter
- 6 tablespoons flour
- 2 cups milk
- Salt
- Ground nutmeg
- One 28-ounce can tomato puree
- 12 no-boil lasagna sheets
- 1 cup fresh basil leaves
- 3 zucchini, thinly sliced lengthwise
- One 8-ounce bag shredded mozzarella cheese
- One 15-ounce container ricotta cheese
- 2 cups freshly grated Parmesan cheese

1. Preheat the oven to 375°. In a small saucepan, melt the butter over medium-low heat. Whisk in the flour until smooth. Slowly add the milk and cook, whisking continuously, until thickened, about 8 minutes. Season the cream sauce with salt and nutmeg.
2. Coat the bottom of a 9-by-13-inch baking dish with 1 cup tomato puree and cover with 4 lasagna sheets. Layer the lasagna as follows: tomato puree, basil, zucchini, mozzarella, ricotta, cream sauce, Parmesan and lasagna sheets. Repeat the layering, gently pressing down each layer. Finish with a layer each of tomato puree, basil, zucchini and cream sauce. Top with the Parmesan. Bake until golden and bubbly, about 30 minutes. Let sit for about 5 minutes before cutting into squares.

EVERY DAY

WEEK 3

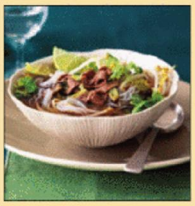
PHOTOGRAPHY BY YUNHEE KIM

FOOD STYLING BY JEE LEVIN; PROP STYLING BY DEBORAH WILLIAMS.

MENU PLANNER

SUNDAY
Tilapia Baked in Couscous

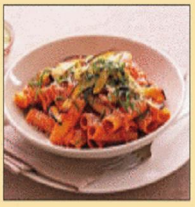
MONDAY
Beef Rice-Noodle Soup



TUESDAY
Vegetarian Chickpea Burgers

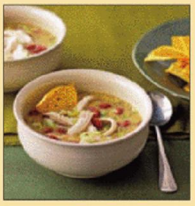
WEDNESDAY
Moroccan Stuffed Pork Chops

THURSDAY
Eggplant Parmesan Rigatoni



FRIDAY
Warm Portobello Salad

SATURDAY
Green Chili



YOUR SHOPPING LIST

PRODUCE
- ☐ 2 lemons
- ☐ 1 lime
- ☐ Three 6-ounce bags baby spinach
- ☐ 1 eggplant (about 1 pound)
- ☐ 1 red bell pepper
- ☐ One 6-ounce package portobello mushroom caps
- ☐ 1 package bean sprouts
- ☐ 1 bunch scallions
- ☐ 1 small onion
- ☐ 1 head garlic
- ☐ 1 jalapeño chile
- ☐ 1 bunch cilantro
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch basil
- ☐ 1 bunch sage

DAIRY
- ☐ 1 stick (4 ounces) unsalted butter
- ☐ Sliced cheddar cheese (4 ounces)
- ☐ One 8-ounce bag shredded mozzarella
- ☐ Grated Parmesan cheese (4 ounces)
- ☐ 1 large egg

FISH
- ☐ Four 8-ounce tilapia fillets

MEAT
- ☐ Four 1-inch-thick bone-in pork chops (8 ounces each)
- ☐ 1¼ pounds skinless, boneless chicken breast halves
- ☐ 1 pound deli roast beef
- ☐ 12 ounces deli ham or turkey

BAKERY
- ☐ 4 hamburger buns
- ☐ 1 loaf cornbread

GROCERY
- ☐ One 28-ounce can tomatoes
- ☐ Chicken broth (4½ cups)
- ☐ One 14-ounce can beef broth
- ☐ One 15-ounce can small red beans
- ☐ One 15-ounce can chickpeas
- ☐ One 17.6-ounce jar green salsa
- ☐ One 4-ounce can diced green chiles
- ☐ One 10-ounce jar sun-dried tomatoes
- ☐ One 1-pound package rigatoni
- ☐ One 1-pound package rice noodles
- ☐ One 10-ounce box couscous
- ☐ One 1-pound bag tortilla chips
- ☐ Plain bread crumbs
- ☐ Extra-virgin olive oil
- ☐ Vegetable oil
- ☐ White wine vinegar
- ☐ Dijon mustard
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Flour
- ☐ One 24-ounce box dried currants or raisins
- ☐ One 1/4-pound bag slivered almonds

SUNDAY

Tilapia Baked in Couscous

4 SERVINGS
PREP TIME 15 min
COOK TIME 25 min

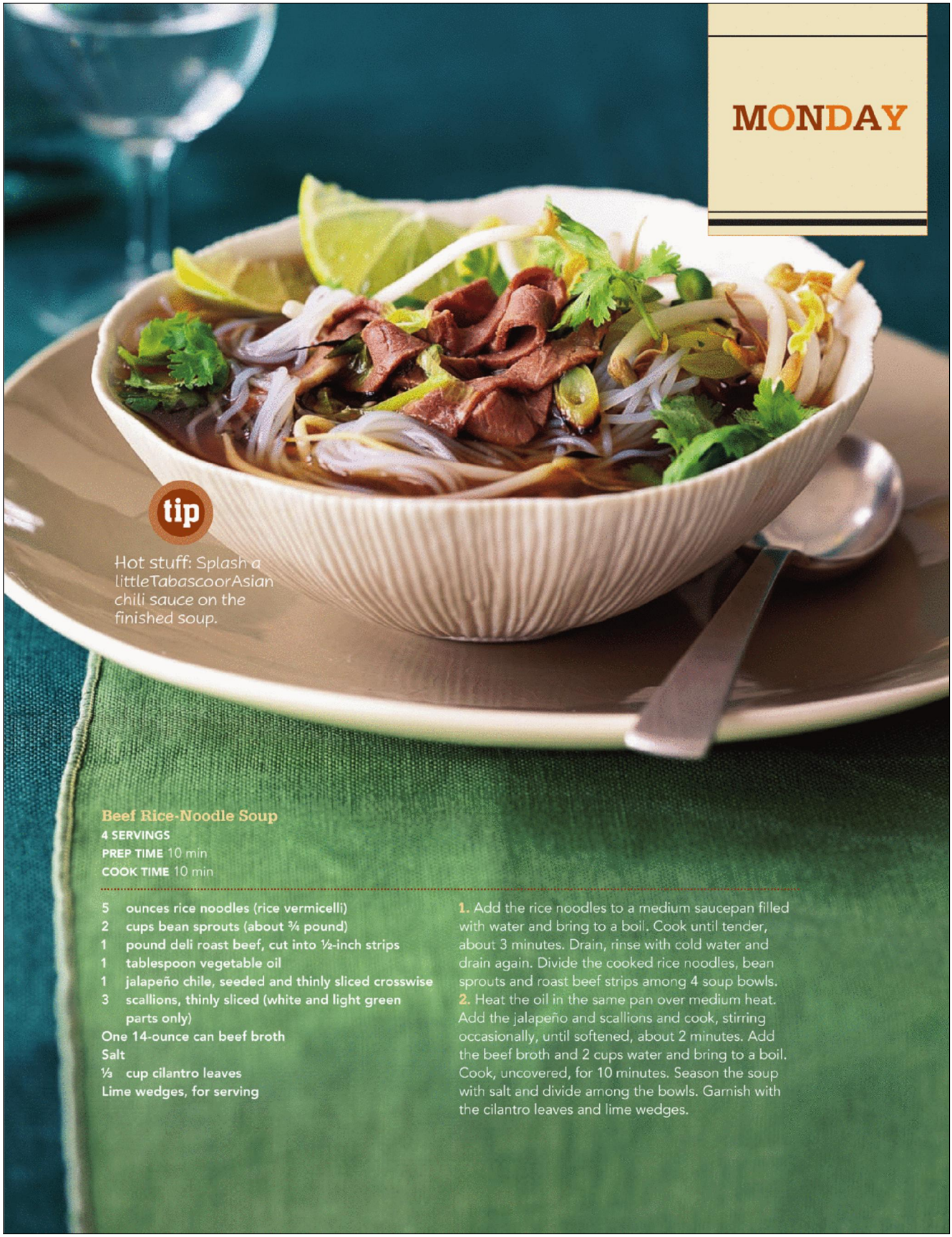
One 10-ounce box couscous
½ cup slivered almonds
¼ cup sun-dried tomatoes, finely chopped
1 tablespoon ground cumin
Salt and pepper
¼ cup plus 2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice plus 1 lemon, thinly sliced
Four 8-ounce tilapia fillets
3 tablespoons chopped flat-leaf parsley

1. Preheat the oven to 375°. In a large bowl, combine the couscous, almonds, sun-dried tomatoes and cumin and season to taste with salt and pepper. Stir in the ¼ cup olive oil and the lemon juice.
2. Drizzle 1 tablespoon olive oil over the bottom of a 9-by-13-inch baking dish. Arrange the tilapia fillets in a single layer in the dish, season with salt and pepper and drizzle with the remaining 1 tablespoon olive oil. Cover the fish with the couscous mixture and arrange the lemon slices on top. Pour 2½ cups water around the fish, cover with foil and bake until tender, about 25 minutes. Top with the parsley.

tip

Fare exchange: Substitute any thin, delicate white fish, such as red snapper or sole, for the tilapia.

MONDAY



tip

Hot stuff: Splash a little Tabasco or Asian chili sauce on the finished soup.

Beef Rice-Noodle Soup

4 SERVINGS
PREP TIME 10 min
COOK TIME 10 min

- 5 ounces rice noodles (rice vermicelli)
- 2 cups bean sprouts (about ¾ pound)
- 1 pound deli roast beef, cut into ½-inch strips
- 1 tablespoon vegetable oil
- 1 jalapeño chile, seeded and thinly sliced crosswise
- 3 scallions, thinly sliced (white and light green parts only)
- One 14-ounce can beef broth
- Salt
- ⅓ cup cilantro leaves
- Lime wedges, for serving

1. Add the rice noodles to a medium saucepan filled with water and bring to a boil. Cook until tender, about 3 minutes. Drain, rinse with cold water and drain again. Divide the cooked rice noodles, bean sprouts and roast beef strips among 4 soup bowls.
2. Heat the oil in the same pan over medium heat. Add the jalapeño and scallions and cook, stirring occasionally, until softened, about 2 minutes. Add the beef broth and 2 cups water and bring to a boil. Cook, uncovered, for 10 minutes. Season the soup with salt and divide among the bowls. Garnish with the cilantro leaves and lime wedges.

TUESDAY

tip

Spice it up: Add a few dashes of ground cumin, curry powder or cayenne pepper to the chickpea mixture.

Vegetarian Chickpea Burgers

4 SERVINGS
PREP TIME 5 min
COOK TIME 8 min

One 15-ounce can chickpeas, rinsed and drained
One 4-ounce can diced green chiles
⅔ cup packed flat-leaf parsley leaves
⅔ cup bread crumbs
Salt and pepper
1 large egg, lightly beaten
2 tablespoons vegetable oil
4 thin slices cheddar cheese
4 hamburger buns
Dijon mustard, ketchup or mayonnaise, for serving

1. In a food processor, pulse the chickpeas, green chiles and parsley until finely chopped. Transfer the mixture to a medium bowl and stir in the bread crumbs and salt and pepper to taste. Stir in the egg and form the mixture into 4 patties, each about ⅔ inch thick.
2. In a large skillet or grill pan, heat the oil over medium-low heat. Cook the burgers for 4 minutes, then flip and cook for 3 minutes more. Top the patties with the cheese slices for the last minute of cooking. Serve the cheeseburgers on the hamburger buns with mustard, ketchup or mayonnaise.

WEDNESDAY

Moroccan Stuffed Pork Chops

4 SERVINGS
PREP TIME 7 min
COOK TIME 40 min

- ¼ cup pine nuts
- 4 tablespoons unsalted butter
- 1 small onion, finely chopped
- 3 cups small pieces prepared cornbread
- ½ cup chicken broth
- ¼ cup dried currants or raisins
- ½ teaspoon ground cinnamon
- Four 1-inch-thick bone-in pork chops (8 ounces each)
- Salt and pepper
- Two 6-ounce bags baby spinach

1. In a medium skillet, toast the pine nuts over medium heat for 3 minutes; transfer to a medium bowl. Add 1 tablespoon butter and the onion to the pan and cook, stirring, until softened, about 5 minutes; add to the pine nuts. Stir in the cornbread pieces, chicken broth, currants and cinnamon until combined.
2. Slice each pork chop in half horizontally, up to the bone. Spread the chops open and season with salt and pepper. Form the stuffing into 4 patties. Place 1 patty inside each pork chop and close the meat around the stuffing.
3. Melt 2 tablespoons butter in the skillet over medium heat. Add the chops, cover and cook for 5 minutes on each side. Transfer to a plate, cover loosely with foil and let stand for 5 minutes.
4. Meanwhile, in the skillet, cook the baby spinach until just wilted. Stir in the remaining 1 tablespoon butter and season with salt and pepper. Divide the spinach among 4 plates and top with the pork chops; drizzle any juices on top.

tip *Fare exchange:* Swap skinless, boneless chicken breasts for the pork chops.

THURSDAY

tip

Easy does it: Toss the eggplant with the flour in a resealable plastic bag.

Eggplant Parmesan Rigatoni

4 SERVINGS
PREP TIME 10 min
COOK TIME 30 min

Vegetable oil, for frying (½ to 1 cup)
1 eggplant (about 1 pound), thinly sliced crosswise
Flour, for dredging (about 1 cup)
Salt
1 pound rigatoni
2 tablespoons extra-virgin olive oil
2 cloves garlic, halved
One 28-ounce can tomatoes
One 8-ounce bag shredded mozzarella
8 fresh basil leaves, thinly sliced
Freshly grated Parmesan cheese, for serving

1. In a large skillet, heat ¼ cup vegetable oil over medium-high heat until hot but not smoking. Dredge the eggplant slices in the flour, shaking off any excess. Add enough eggplant slices to the skillet to fill it without crowding and fry until golden brown, about 2 minutes on each side. Transfer to a paper-towel-lined plate and sprinkle with salt. Repeat with the remaining eggplant slices and more oil. Let cool, then cut into ½-inch strips. Set aside.

2. In a large pot of boiling salted water, cook the pasta until al dente; drain and return to the pot.

3. Meanwhile, heat the olive oil in a large saucepan over medium heat. Add the garlic and cook, stirring, until golden, about 2 minutes. Stir in the tomatoes and bring to a boil, then cover and simmer until thickened, about 10 minutes.

4. Add the tomato sauce to the cooked pasta and toss to coat, then stir in the mozzarella. Divide the pasta among shallow bowls and top with the reserved eggplant strips, basil and Parmesan.

FRIDAY

tip

Veg out: Use your favorite cheese instead of the deli meat.

Warm Portobello Salad

4 SERVINGS
PREP TIME 10 min
COOK TIME 6 min

- 3 tablespoons extra-virgin olive oil
- One 6-ounce package portobello mushroom caps, thinly sliced
- Salt
- 12 ounces deli ham or turkey
- 2 tablespoons chopped fresh sage
- 1 red bell pepper, quartered
- 1 tablespoon white wine vinegar
- One 6-ounce bag baby spinach leaves

1. Heat 1 tablespoon olive oil in a skillet over medium-high heat. Add the mushrooms and cook, stirring occasionally, until tender and golden, about 10 minutes. Season to taste with salt. Stir in the ham and sage.
2. Using a fine grater, grate the flesh side of the bell pepper quarters into a large salad bowl; discard any skin. Stir in the remaining 2 tablespoons olive oil, the vinegar and salt to taste. Add the spinach and toss to coat. Top with the mushroom mixture just before serving.

SATURDAY

Green Chili

4 SERVINGS
PREP TIME 5 min
COOK TIME 30 min

- 1 quart chicken broth
- 1¼ pounds skinless, boneless chicken breast halves
- 4 large handfuls tortilla chips, plus more for serving
- 2 tablespoons vegetable oil
- ½ bunch scallions, thinly sliced (about 1 cup)
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- One 15-ounce can small red beans, drained
- 1 cup jarred green salsa

1. In a deep skillet, bring the chicken broth and chicken breasts to a simmer over medium heat. Reduce the heat slightly and poach the chicken, turning occasionally, until just cooked through, about 10 minutes. Using a slotted spoon, transfer the chicken to a plate and let cool.
2. Crumble the 4 handfuls of tortilla chips into a food processor and add 3 cups of the hot broth; let sit to soften. Reserve the remaining 1 cup broth.
3. In a large saucepan, heat the oil over medium heat and add the scallions, oregano and cumin; cook until the scallions are softened, about 2 minutes. Pour the remaining cup of broth into the scallion mixture, then stir in the beans and salsa and bring to a simmer.
4. Puree the chips and broth in the food processor until smooth, then whisk the chip mixture into the bean mixture. Shred the chicken, add to the chili and cook over medium-low heat, stirring, until heated through. Serve with extra tortilla chips.

tip

Extra! Extra! Double this recipe and freeze some for later.

EVERYDAY

WEEK 4

PHOTOGRAPHY BY YUNHEE KIM

FOOD STYLING BY VIVIAN JAO; PROP STYLING BY DEBORAH WILLIAMS.

MENU PLANNER

SUNDAY
Pineapple-Shrimp Kebabs with Couscous

MONDAY
Tex-Mex Cheesesteaks

TUESDAY
Corn and Kielbasa Chowder

WEDNESDAY
Baja Fish Tacos

THURSDAY
Chicken-and-Wild-Rice-Stuffed Tomatoes

FRIDAY
Fried Ravioli

SATURDAY
Red Rice with Chorizo

YOUR SHOPPING LIST

PRODUCE
- ☐ 2 limes
- ☐ 1 lemon
- ☐ 2 Hass avocados
- ☐ 9 large tomatoes
- ☐ 1 head red cabbage
- ☐ 1 large baking potato
- ☐ 1 large green bell pepper
- ☐ One 8-ounce package mushrooms
- ☐ 1 red onion
- ☐ 3 yellow onions
- ☐ 1 bunch cilantro
- ☐ 2 bunches dill

DAIRY
- ☐ 1 pint half-and-half
- ☐ 1 pint sour cream
- ☐ 1 stick butter
- ☐ 8 ounces pepper Jack cheese
- ☐ Two 3-ounce packages cream cheese
- ☐ Grated Parmesan cheese (1/2 cup)
- ☐ 3 large eggs

FISH AND SEAFOOD
- ☐ 1 pound cod
- ☐ 1 pound jumbo shrimp

MEAT
- ☐ 1 pound ground chicken
- ☐ One 12.25-ounce box frozen steak for cheesesteaks
- ☐ 8 ounces chorizo
- ☐ 8 ounces kielbasa

BAKERY
- ☐ 4 soft hoagie or kaiser rolls

GROCERY
- ☐ Eight 6-inch soft corn tortillas
- ☐ 24 wonton wrappers
- ☐ Two 1-pound bags frozen corn
- ☐ One 10-ounce box instant couscous
- ☐ Cornmeal (2 cups)
- ☐ One 6-ounce box wild rice
- ☐ Long-grain white rice (1½ cups)
- ☐ One 20-ounce can pineapple chunks in juice
- ☐ One 14.5-ounce can chicken broth
- ☐ One 15-ounce can sliced large black olives
- ☐ Extra-virgin olive oil
- ☐ Vegetable oil
- ☐ 2 jars red salsa
- ☐ Hot pepper sauce
- ☐ Soy sauce
- ☐ Chili powder
- ☐ Sweet smoked paprika
- ☐ Ground ginger
- ☐ Ground coriander
- ☐ Salt
- ☐ Pepper

SUNDAY

Pineapple-Shrimp Kebabs with Couscous

4 SERVINGS
PREP TIME 20 min
COOK TIME 10 min

- One 20-ounce can pineapple chunks in juice, drained, juice reserved
- Juice and grated peel of 1 lime
- ½ cup soy sauce
- 1 tablespoon plus ½ teaspoon extra-virgin olive oil
- 1 tablespoon hot pepper sauce, such as Tabasco
- 1 teaspoon ground ginger
- 1 pound jumbo shrimp, peeled and deveined
- 1 large green bell pepper—stemmed, seeded and cut into 1-inch chunks
- 1 red onion, cut into 1-inch chunks
- One 10-ounce box instant couscous

1. Soak eight 12-inch wood skewers in water for 30 minutes. In a baking dish or shallow container, whisk together ¾ cup pineapple juice, 1 tablespoon lime juice, the soy sauce, ½ teaspoon olive oil, the hot sauce and ginger. Set aside 2 tablespoons of the mixture in a small bowl.
2. Preheat the broiler. Thread the shrimp, bell pepper, pineapple chunks and onion onto the skewers. Place the kebabs in the pineapple juice marinade and refrigerate for 15 minutes, turning halfway through.
3. Meanwhile, in a medium saucepan, bring 1¾ cups water and the remaining 1 tablespoon olive oil and ¼ cup pineapple juice to a boil. Stir in the couscous, cover with a lid and remove from the heat. Let stand for 5 minutes.
4. Transfer the kebabs to a foil-lined baking sheet and broil for 3 minutes. Turn the kebabs and brush with the reserved marinade. Broil for 3 minutes, until the shrimp are no longer translucent. Remove from the oven.
5. Fluff the couscous with a fork and stir in the lime peel. Serve with the kebabs.

tip Easy does it: Skewer shrimp through the body and tail so they stay secure.

MONDAY

Tex-Mex Cheesesteaks

4 SERVINGS
PREP TIME 10 min
COOK TIME 5 min

- 2 Hass avocados
- 2 tablespoons fresh lime juice
- Coarse salt
- 4 soft hoagie or kaiser rolls, split (toasted if desired)
- One 12.25-ounce box thawed frozen steak for cheesesteaks, such as Steak-umm
- 2 teaspoons chili powder
- 8 ounces pepper Jack cheese, shredded
- 1 tomato, sliced, for serving
- Hot pepper sauce, for drizzling (optional)

1. Mash the avocados with the lime juice and add salt to taste. Arrange the rolls open on plates and spread the avocado mixture on the roll tops.

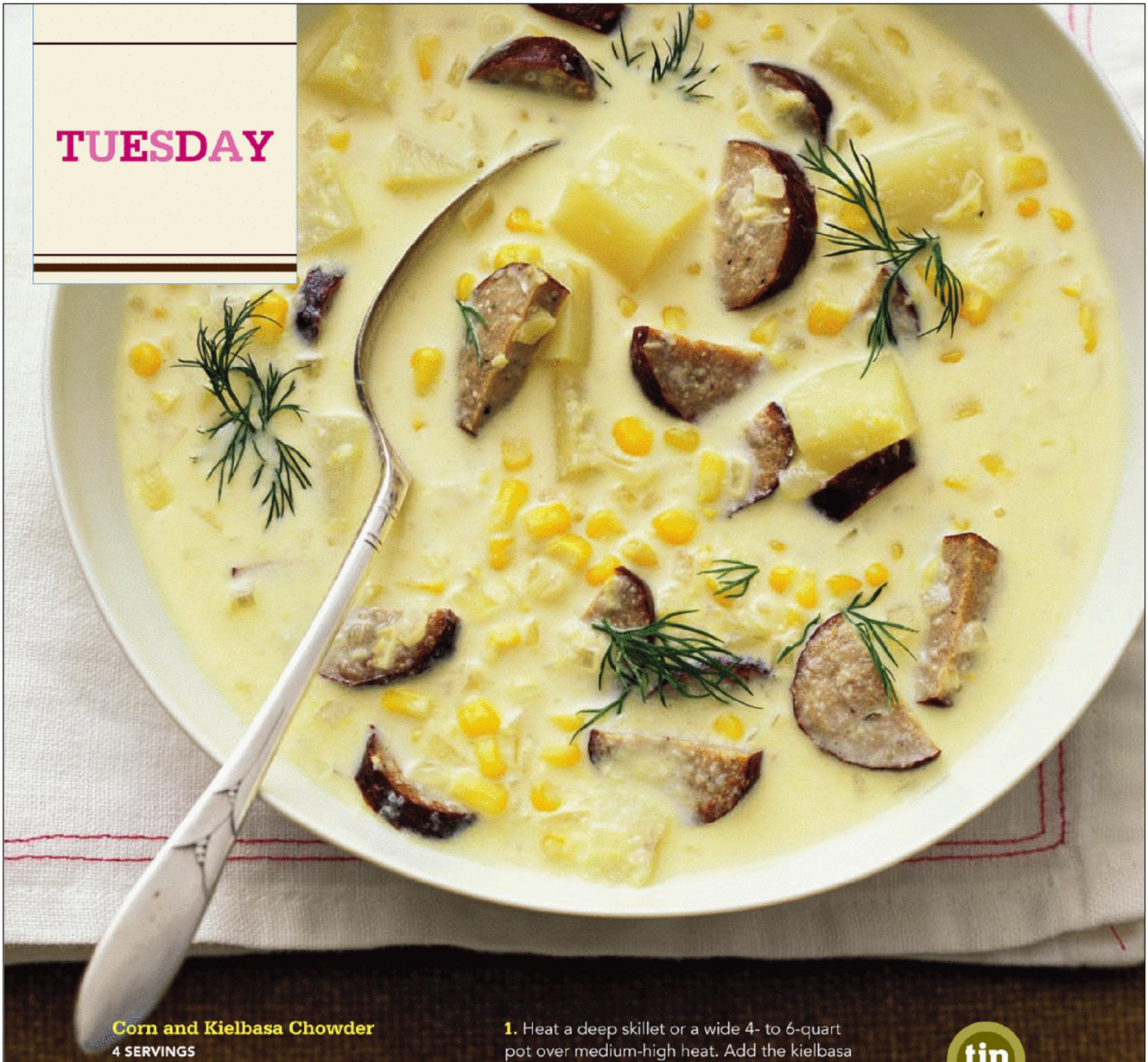
2. In a large nonstick skillet, cook 3 portions of steak over medium-high heat, seasoning lightly with the chili powder, for 1 minute. Flip the meat, sprinkle with some cheese and push off to the side of the pan. Continue adding meat, chili powder and cheese to the skillet until all of the meat is cooked and topped with cheese.

3. Place a few tomato slices on each roll bottom. Divide the steak among the 4 sandwiches and sprinkle with hot pepper sauce, if using. Set the roll tops into place.

tip

Swap it: Use thinly sliced deli roast beef instead of frozen steaks.

TUESDAY



Corn and Kielbasa Chowder

4 SERVINGS
PREP TIME 10 min
COOK TIME 30 min

- 8 ounces kielbasa, halved lengthwise and thinly sliced
- 2 onions, finely chopped
- 1 tablespoon butter
- One 14.5-ounce can chicken broth
- 1 large baking potato (about 12 ounces), peeled and cut into ½-inch cubes
- 1 cup half-and-half
- One 1-pound bag frozen corn, thawed
- Salt and pepper
- Chopped fresh dill, for garnish

1. Heat a deep skillet or a wide 4- to 6-quart pot over medium-high heat. Add the kielbasa and cook, stirring, until lightly browned, about 6 minutes. Transfer to a plate.

2. Add the onions and butter to the pan and cook over medium heat, stirring occasionally, until golden, about 6 minutes. Add the broth and potato and bring to a boil. Reduce the heat, cover with a lid and simmer until the potato is tender, about 10 minutes. Add the half-and-half and corn and cook, stirring, until heated through.

3. Using a blender or food processor, puree 1 cup chowder until smooth. Stir the puree back into the chowder along with the browned kielbasa and season to taste with salt and pepper. Top with the dill.

tip

Frozen assets: Make a double batch of chowder and freeze half for up to a month.

WEDNESDAY

Baja Fish Tacos

4 SERVINGS
PREP TIME 30 min
COOK TIME 20 min

- **2 cups shredded red cabbage**
- **¼ cup coarsely chopped cilantro**
- **¼ cup plus 3 tablespoons red salsa**
- **Salt**
- **⅓ cup sour cream**
- **2 cups cornmeal**
- **3 large eggs**
- **1 pound cod, cut crosswise into ½-inch-thick slices**
- **Vegetable oil, for frying**
- **Eight 6-inch soft corn tortillas**

1. In a medium bowl, toss the cabbage, cilantro, ¼ cup salsa and salt to taste. In a small bowl, stir together the sour cream and remaining 3 tablespoons salsa. Set both aside.
2. In a shallow dish, whisk together the cornmeal and 1 tablespoon salt. In another shallow dish, beat the eggs with a fork. Coat the fish slices in the cornmeal, then in the egg, then in the cornmeal again, and place on a plate.
3. In a medium cast-iron or other heavy skillet, pour the oil to a depth of 1½ inches and heat over medium heat until the surface ripples, about 2 minutes. Add about a third of the fish slices to the skillet and cook, turning once, until golden, 3 to 4 minutes. Transfer with a slotted spoon to a paper-towel-lined plate. Repeat with the remaining fish slices.
4. In a large skillet, warm the tortillas on both sides over high heat. Spread about 1 teaspoon sour cream sauce on a tortilla, then top with a few pieces fish and a heaping spoonful of the slaw and fold over. Repeat with the remaining tacos.

tip

Spice it up: Use chipotle salsa for great smoky flavor.

THURSDAY

Chicken-and-Wild-Rice-Stuffed Tomatoes

4 SERVINGS
PREP TIME 50 min
BAKE TIME 25 min

- ¼ cup wild rice
- 8 large tomatoes
- 3 tablespoons extra-virgin olive oil
- 1 onion, chopped
- 4 ounces mushrooms, coarsely chopped
- 1 pound ground chicken
- 1 tablespoon sweet smoked paprika
- ½ cup sour cream
- 1 bunch dill, chopped (about ½ cup)
- Salt

1. Prepare the wild rice according to the package instructions.
2. Meanwhile, cut a ½-inch slice off the top of each tomato. Scoop out and discard the seeds, most of the flesh and excess juice. Place the tomato shells on a baking sheet and set aside. Preheat the oven to 350°.
3. In a large skillet, heat 2 tablespoons olive oil over medium heat. Add the onion and cook, stirring occasionally, until softened, about 3 minutes. Add the mushrooms and cook for 1 minute. Add the ground chicken and cook for 6 minutes, breaking up the meat with a wooden spoon until crumbly. Stir in the smoked paprika. Remove the pan from the heat and stir in the cooked wild rice, sour cream and dill. Add salt to taste.
4. Stuff the rice mixture into the tomatoes. Brush the outside of the tomatoes with the remaining 1 tablespoon olive oil and season lightly with salt. Cover loosely with foil and bake until the tomatoes are tender and the filling is hot, about 25 minutes.

tip

Veg out: Swap tofu for the chicken.

FRIDAY

Fried Ravioli

4 SERVINGS
PREP TIME 15 min
COOK TIME 10 min

Two 3-ounce packages cream cheese, softened
½ cup finely grated Parmesan cheese
1 teaspoon finely grated lemon peel
½ teaspoon ground coriander
½ teaspoon pepper
24 wonton wrappers
1 cup vegetable oil

1. In a small bowl, mix the two cheeses, lemon peel, coriander and pepper with a fork.
2. Lay 12 wonton wrappers on a work surface (cover the remaining wrappers to keep them from drying out). Dollop a rounded tablespoon of the cheese mixture in the center of each wrapper. Working in batches of 4, brush the edges of the wonton wrappers with water. Lay 1 of the remaining wonton wrappers on top of each filled wonton, pressing lightly on the center to flatten the cheese mixture; press the edges together with your fingers to seal. Transfer to a platter. Repeat with the remaining wrappers.
3. In a large, heavy skillet, heat the oil over medium heat until the surface ripples, about 5 minutes. With a slotted spoon, carefully place 3 wontons in the hot oil. Cook until the edges begin to brown, about 30 seconds, then turn and cook until golden brown on both sides, about 30 seconds more. Transfer to a paper-towel-lined plate to drain. Repeat with the remaining ravioli. Serve 3 ravioli per person.

tip *Side note: Serve the ravioli with a tossed green salad.*

SATURDAY

tip

Swapit: Use your favorite frozen veggie mix in place of the corn.

Red Rice with Chorizo

4 SERVINGS
PREP TIME 5 min
COOK TIME 25 min

- 1 tablespoon vegetable oil
- 8 ounces chorizo, sliced ¼ inch thick
- 1½ cups long-grain white rice
- 1½ cups red salsa
- 2 cups thawed frozen corn
- One 15-ounce can sliced large black olives
- ½ cup chopped fresh cilantro

1. In a heavy medium saucepan, heat the oil over medium heat. Add the chorizo and cook, stirring occasionally, until lightly browned, about 4 minutes. Add the rice and stir for 1 minute to coat. Stir in 1½ cups water and the salsa and bring to a boil, stirring once or twice. Cover the pot and simmer on low heat for 20 minutes.
2. Fluff the rice and stir in the corn. Remove from the heat, cover and let stand for 5 minutes. Stir in the olives and cilantro.

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